

Mike & Jason's Squads Session

For today's session you'll need to find a location where, you can setup a track/loop of approx. 400m you could continue with the football pitch if that works best for you.

Warm-up – 15' jogging followed by drills.

Main Session

4 x 1000m

3:45 (= 5:38 1500m pace) 90" per lap

3:40 (= 5:30 1500m pace)

3:30 (= 5:15 1500m pace)

3:20 (= 5:00 1500m pace) 80" per lap

Recovery between each effort to be 4', 5', & 6'

Cool-down & Stretches

Coaches Notes: Today's session is a VO2Max session, there will be lots of groans from the athletes about this. The timings are not critical they are an achievable ideal. The real target is for each effort to be quicker than the previous one. However, do not let the first effort be too slow, the slowest time above is 90" per lap and the quickest is 80" per lap, all of which is easily achievable.